

ORAL HEALTH  
*Good for Life*<sup>TM</sup>



**A healthy mouth is an important part of a healthy lifestyle.  
Keep your smile healthy for a lifetime by following these  
5 steps to good oral health:**

- 1.** Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
- 2.** Eat a well-balanced diet.
- 3.** Check your mouth regularly for signs of gum disease and oral cancer.
- 4.** Don't smoke or chew tobacco.
- 5.** Visit your dentist regularly.



CANADIAN  
DENTAL  
ASSOCIATION